



## **Play Therapy information sheet**

### **What is Play therapy?**

Play Therapy is a specific counselling approach in which games, toys and mediums such as clay, drawings and paint are used to help a child or adolescent to express their emotions, thoughts, wishes and needs. It helps them to understand muddled feelings and upsetting events that they have not had the chance or the skills to sort out properly. Rather than having to explain what is troubling them, as adult therapy expects, children use play to communicate at their own level and at their own pace, without feeling interrogated or threatened.

Play therapy can help children cope with their individual difficulties and enable them to profit from their school experience by raising their confidence and self-esteem gained by self-awareness discovered within the sessions. This can help the children with communication within their peer relationships and school learning, Intervention at an early stage can help prevent the downward spiral where difficulties get worse and become harder to address.

### **What does a play therapist do?**

The therapist will work with an individual child on a 1:1 basis for 45 minutes each week. She participates in the activities and play. She creates a safe environment in which the child can get in touch with who he is, what he is feeling, thinking, wishing and dreaming. She does not judge or interpret, but rather reflects on what she sees and experiences with the child. She believes in the child's own ability to find a balance in his life, therefore she helps him to become aware of what he is doing and feeling to enable him to make changes if he wishes to do so.

### **Play therapy at St James**

Andrea Collins has a Diploma in Integrative counselling. She is a member of the BACP (British association of counsellors and psychotherapists) and CCYP (counselling children and young people). For the past Twelve years she has been working in St James' and other primary schools as a play therapist, after training in Play Therapy with Place 2 be. Andrea has had over twenty years' experience of working with children with in primary schools, both on a 1:1 basis and in small groups, addressing, social skills, friendships and emotional and behavioural regulation.



## Parent/Guardian Consent Form

*Please tick the boxes as appropriate. Thank you.*

Child's name:

.....

I give permission for my child to take part in play therapy sessions.

Yes ☐

No ☐

I understand that I can request information about my child in play therapy at any time.

Yes ☐

No ☐

*Please return to the school office.*

Parent/Guardian Signature: .....

Print Name: .....

Date: .....